

# ***Client Inventory***

Date \_\_\_\_\_

Name \_\_\_\_\_

Home Address \_\_\_\_\_

Business Address \_\_\_\_\_

Home Number (\_\_\_\_)\_\_\_\_-\_\_\_\_\_

Business Number (\_\_\_\_)\_\_\_\_-\_\_\_\_\_

Fax Number (\_\_\_\_)\_\_\_\_-\_\_\_\_\_ Email \_\_\_\_\_

Birthday \_\_\_\_\_

Key people in your life/relationship

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(1) What results do you want to achieve?

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# ***Client Inventory***

(2) When you attain those results, how will it feel?

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(3) Coach's Role (What do you expect/desire from me?):

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(4) Life Principles (What principles guide your life/decisions/choices?):

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(5) Key Values (What do you value?):

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# ***Client Inventory***

(6) List at least five of your personal strengths, or assets:

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(7) List at least five of your time wasters, excuses, etc.:

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(8) List at least five incompletions (Items you need to complete in order to experience a sense of "freedom," e.g., clean a closet, balance checkbook, communicate with someone, etc.) Please be specific:

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# ***Client Inventory***

(9) List at least ten choices or goals (specific, measurable, dated):

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_
6. \_\_\_\_\_  
\_\_\_\_\_
7. \_\_\_\_\_  
\_\_\_\_\_
8. \_\_\_\_\_  
\_\_\_\_\_
9. \_\_\_\_\_  
\_\_\_\_\_
10. \_\_\_\_\_  
\_\_\_\_\_

# ***Client Inventory***

(10) What are you committed to for your quality of life?:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_
6. \_\_\_\_\_  
\_\_\_\_\_
7. \_\_\_\_\_  
\_\_\_\_\_
8. \_\_\_\_\_  
\_\_\_\_\_
9. \_\_\_\_\_  
\_\_\_\_\_
10. \_\_\_\_\_  
\_\_\_\_\_

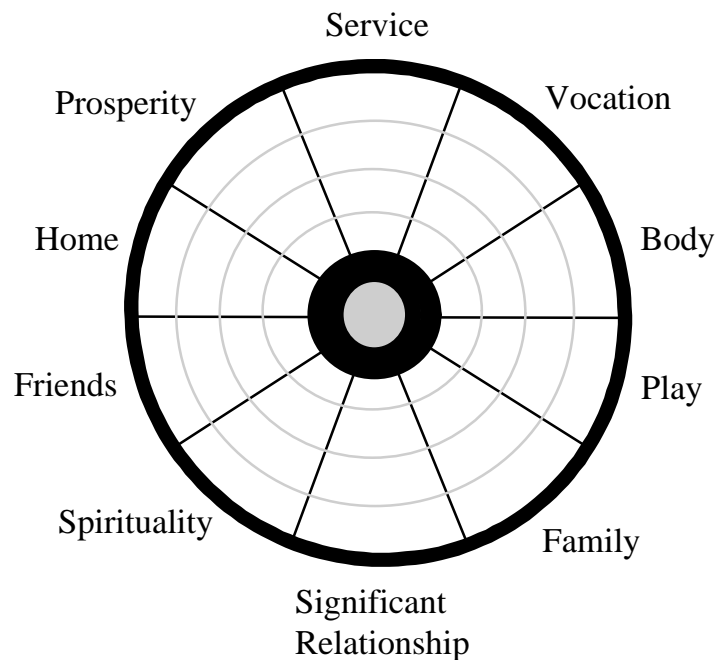
# ***Client Inventory***

(11) List ten routine HABITS (Indicate (C) Current/(D) Desired):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

(12) We will complete this one together:

## ***Wheel of Life***



# ***Client Inventory***

(13) Describe how you want your life to be in five years:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

(14) This space is for you to address anything else you may wish to express:

[illegible]